VOL. XIV. No. 3. ESTD., JAN. 1923. MAR. 1936.

Health

A Journal Devoted to Healthful Living

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Published in

ENGLISH, TAMIL, TELUGU AND CANARESE.

Annual Subscription for any edition Rs. 1-8. Foreign Rs. 2. Post paid.

Editorial and Publishing Offices:—323, Thambu Chetty Street, George Town, Madras.

Editorial

Education in Modern India and its Defects

WE have pointed out in our editorial of last month that education in Ancient India consisted in the building up of character and the training of the spirit, mind, intellect and physique of the youngsters All these traits can be summed up in one word "Gnanam" Lord Sri Krishna, in informing Arjuna how "Gnanam" was to be realised, told him to learn it (1) by reverence or devotion, (2) by questioning or trying to understand and (3) by service, by all the three things, not by one. Thus, knowledge is to be gained not by learning alone but by learning wedded to devotion and service. Unfortunately, this kind of learning is not recognized in Indian schools at the present day. While nearly every part of the civilized world has been making great advances in educational matters, India has remained unprogressive and is still suffering from a system of education which was considered suitable a century ago. The schools were then established mainly for the production of officials and of men trained for the more or less officialized professions The majority of boys grow up in the system 'with a full consciousness that the world does not want them and their lives will not at least be intolerable if they succeed in winning one of those posts which are the prizes in the great cramming competition in which practically all the best young brains in the country are pitted against one other'. Such a machine for manufacturing educated youths to serve as quill-drivers was in existence in France about the beginning of this century and a famous French writer on educational matters, M. Demolins, then wrote that 'an education that trains officials can train very little

else and is especially ill-adapted to form men'. M. Demolins fought against this system of education in France and started 'a school in an old *chateau* standing in fine grounds, in a country place about sixty miles from Paris. This school, by its open-air-life and varied activities, has succeeded in producing fine Frenchmen, 'well-developed in will and physical capacity,

A new orientation of the educational policy of the Government is therefore a great desideratum. Education has been grouped by a great educationist under the following three headings:—(1) Education to promote feeling, (2) Education for knowledge and (3) Education for character. Under (i) comes Religious education and education in patriotism. Education for Knowledge

GIRL BASKET-BALL PLAYERS.

Prominent society girls of Flintridge School are shown here ready for an outdoor exercise.

as well as in mental power'. India must strive to produce such types of men and not continue to create an army of disgruntled, discontented, unemployed educated young men, for whom Satan always finds some nasty work to do.

can be divided into three essential parts :—(i) education for a calling (ii) education for citizenship and (iii) education for the right use of leisure time. Education for character will require (i) education by games and sports (ii) education through productive

work and (iii) education through social activities. These very nearly conform to the type of education that was prevalent in Ancient India.

We are concerned here only with education for citizenship. It has been said by a great American educational leader that it is the teacher who is the school. "Fine buildings, expensive imported apparatus and appliances, superior furniture, are of little use where the teacher is not full of life and of enthusiasm for his work and moved by a conscious purpose to draw out the latent power of the students and to bring them up in such a manner that they will be useful citizens, full of patriotism for their native land. Where the true teacher is, there is the school, even though it be held in palm-leaf sheds, furnished with the rudest of man-made appliances, but well-placed in the midst of Nature's endless resources for the teaching and experience of man. In such surroundings, with a capable teacher, boys would become worthy citizens of this ancient nation, reflecting something of that vigour and resourcefulness which characterized the people in classical times" This is the ideal method of preparing boys for citizenship which India should adopt and this is the method that is followed in England, France and Germany, which are now in the vanguard of civilization.

It has been proved by experience in France and other countries that the text-book method is unsuitable for training in citizenship. Rather, civics should be taught "in a series of object and picture lessons, all connected with the experience of the student in some measure, not as a set of rules and principles, as is the case in the teaching of Chemistry. It begins with a clear enunciation of all that we owe to the past of our country and the world what we owe to the religious, literary and scientific workers, to the inventors, artists, statesmen, manufacturers and traders and to the workers who have gone before us and prepared the wild fields of nature for our habitation".

Civics is a subject that is sadly neglected in our schools and this neglect is the worst defect in our educational system at the present day and unless we prepare the ground for producing the best type of citizens, men, 'strong in thew and sinew, always treated as men trained to rely on themselves, and regarding life as a combat, to face the difficulties of life, in all the vigour of superabundant youth', and also 'men educated in the knowledge of definite calling which is productive in character through work of brain or of hands, educated in the knowledge of what the motherland requires of them and of the value of corporate life, educated in religious self-knowledge and devotion to high spiritual ideals', India cannot hope to regain the highest cultural pedestal, which it occupied in the hoary past.

Today thousands of men and women are able to testify to the practical value of prayer, that God hears and answers the prayers of the tried, the troubled, the sick, and the suffering from every kind of malady, physical, mental, and spiritual Nothing is impossible to the sincere and surrendered soul who prays with a genuine desire to do the will of God.—Herman F. De'Ath in 'O W'

The Management of the New Born Child

By Dr. U. Venkat Rao,

Medical Prectitioner, 'Sudarsana', Madras

IMMEDIATELY the child is born, any froth or mucus about the child's mouth and nose should be removed and the child placed in a convenient position so that it may breathe. See if the child cries. Then attend to the navel cord and do not cut it in a hurry. Hold the cord between the fingers of the left hand and feel the beatings. When this has stopped, put two ligatures tightly two inches apart about three inches above the child's navel Cut between these two ligatures with a pair of blunt scissors. Examine the portion of the cord which is attached to the child and be sure there is no bleeding. If the cord is not tied tightly the child may bleed to death. Then carefully lift the child without allowing it to slip owing to greasiness and place it at a distance on a piece of flannel or blanket.

After attending to the mother about the after-birth etc., the child's bath should be arranged. Use a large basin with warm water. First wash the eyes with warm boric lotion or clean warm water and then immerse the child in warm water, not very hot. Wash all the greasy substances especially at the armpits, groins, buttocks etc., using soft soap or glycerine. Care should be taken that the water does not enter the child's eyes or mouth. See whether the anus is present, the external organs are natural and that there are no injuries. The child should not be kept more than five minutes in the bath and should never be lifted by its arms as the bones are too soft and elastic and are unable to sustain the body's weight. Then place the child on a soft pillow or clean cloth on the nurse's knee and dry gently with a soft warm towel. Dust well some starch or Taleam powder specially the folds, the flextures and genitals. Examine again the umbilical cord, see the end does not bleed and the ligature is present. Place a piece of soft boric lint or sprinkle a little boric powder Wrap it in sterile gauze or cotton or place a piece of soft clean linen cut in a circular shape with a hole in the centre through which the cut navel is drawn gently and folded in the cloth and held against the child's body and kept in position by a bandage tied round the child's back, but not too tightly. This should be changed and renewed daily after the child's bath. In a week or so the navel string will come off leaving a depressed scar. If this does not fall off in time do not pull the cord, but allow it to drop naturally. After attending to the cord, place the child in its cradle or mat between blankets or bed sheet or soft dry cloth in a warm place free from draughts and leave it to sleep.

It has been the custom in most families to give the new born child castor oil or treacle immediately after its first bath. This is not always necessary and sometimes is injurious too. Allow the child to sleep, protect its eyes from strong light and its body from cold draughts. In a few hours the child wakes up crying. In cases of multipara, healthy and robust with normal

delivery the child may be put to the breast. This will encourage the flow of milk and stimulate uterine contractions. The first secreted mother's milk has laxative properties and the child must be encouraged to take this In case this milk is not obtainable a little castor oil may be given. A few hours after birth, the child passes a yellow secretion "Meconium" along with the first flow of urine On the third day if the stools are still black, instead of yellow, a teaspoonful of castor oil or olive oil may be given.

It is neither advisable nor necessary to feed the child immediately after birth. Very little nourishment is required for the first 10 or 12 hours after birth The secretion from the mother's breast is often sufficient, which the mother will be able to supply in about 12 hours in cases of multipara. It is not advisable to employ wet-nurses in healthy families If there is delay in the coming of milk, in the mother's breast, the child may be fed with plain boiled water, very diluted sweetened milk and water or water with a little glucose, sugar, honey or sugar-candy every three hours It is advisable to use a nipple and allow the child to suck the food rather than to use a spoon and make the child gulp Sucking thus encourages the child to suck the breasts later on while spoon-feeding makes the child gulp and allows a certain amount of air to enter the stomach and thus set up gas trouble. When milk appears in the mother's breasts the child should be fed through this source only For the first ten days, it may be necessary to suckle the child whenever it wakes, for the next twenty days every two hours during the day and three hours at night After a month, the interval must be gradually extended to three and then to four hours. It is really a great boon to the mother if the child is encouraged not to suck from 10 P.M. to 5 A.M but allowed to sleep soundly. Regular feeding habits must be cultivated from the time the child is three or four days old Thus the mother's breasts are rested and the child's digestion is strengthened. It is not at all wise to suckle the child whenever it cries Often the child, as it grows, cries from thirst and a little boiled and cool water will satisfy it. There are many mothers who sleep away allowing their nipple at the child's mouth. This is a very bad habit and should be discouraged Always apply the child alternately to each breast, often the child prefers one breast and the mother to avoid turning or through sleepiness or owing to sore or cracked nipple puts the child more to one breast and the result often is distension by the retained milk, pain and even abscess formation. The best time to nurse the child is when it wakes from sleep, but regularity must be maintained and for this purpose the child may be wakened. Before it commences sucking, the child must be fully awake. Till the first four teeth appear, the sole food of the child should be mother's milk. By the tenth month the child can be weaned.

The child may be allowed to sleep by the side of the mother for the first three or four weeks, but afterwards it should sleep alone. The clothing for the child should be clean, light, loose and warm Never use pins but always use safety pins, to fasten the child's clothing. The stools and urine, often passed, should not be allowed to remain in contact with the

child, as this will irritate the delicate skin. The clothes should be immediately changed whenever soiled. No soiled or wet clothes should be allowed in the nursery.

By care and tact the mother can easily train the child to take long sleeps which are necessary for health and give herself also rest.

There are certain maladies with which the child is born or attacked soon after birth. These require the immediate attention and advice of the Doctor. Some of them are—still-born child, swollen breasts, cleft palate, cyanosis, any alteration in the shape of the head, continued oozing from the cut navel cord, tongue tie, retention of urine, imperforate anus, red gums, jaundice, vomiting, ophthalmia, pemphigus, rupture of the navel and any other abnormalities.

A New Babies' Home opened by the Queen for the babies committed to the care of the National Children Adoption Association at Castle-bar, Sydenham Hill, London.

"The city that cares most for its children will be the greatest city".

"Mother's milk is the best for Babies and next to it comes fresh boiled milk".—H. B. H. M.

"Every boy and girl likes to have strong muscles so that they can do many things. The muscles are the fleshy part of us under the skin. We need milk and eggs and cottage cheese and porridge and bread to build good muscles".—O. W.

The Rising Sun.

BY Dr. KARTIC CHUNDER DUTT,

Chief Medical Officer Sonepur State, Formerly, Asst. Surgeon in Service of the Govt. of India, District Medical Officer in H. H The Nizam's Service, Teacher of Materia Medica and Therapeutics, National Medical College, Calcutta

PART II

WELL, to what is the efficacy of the Rising Sun due? How does it bestow us Health?

The Rig Veda says that the Sun in his rounds through space drives a car of seven horses—the 'VIBGYOR' of modern science The Sun's rays analysed by the spectrum present violet, indigo, blue, green, yellow, orange, and red This again is manifested in the natural phenomenon of the Rainbow In addition to these seven visible rays of the sun, there are seven invisible ultra-violet and seven invisible infra-red rays and a few extra too.

Modern Science has proved that the Rising Sun is rich in ultra-violet rays Again, the ultra-violet rays are the radio-active rays of the sun.

These radio-active rays of the Sun help the plants to manufacture their green colouring matter—the 'chlorophyll,' and also help the animals to manufacture the colouring matter of their skin, eyes, and hairs—the 'melanin' And these colouring matters are derived from a common ingredient called 'Dopa'—the mother of pigments The ultra-violet rays help in the formation of the red colouring matter of the blood—the 'haemoglobin'.

On the other hand, potato sprouts growing in a dark cellar godown and grass growing under a brick or stone are all blanched and devoid of their green colouring matter. Again, when the potato plant is exposed to the sun and the grass is uncovered, they manufacture chlorophyll and become green within a few days.

Then again, the ultra-violet rays help the plants to synthetize and store up the vitamins in the food grains. This, according to the Ayurvedas, is 'Brihi' which helps human beings to energise and to propagate the race. These vitamins are also conserved in sea-plants and small fishes. These aquatic plants and small fry are eaten by large fishes These vitamins are thereafter stored up in concentrated form in the Liver of the Cod of the North Sea, of the Hallibурt of American Seas, and of the Hilsa of the Bay of Bengal. These vitamins envigorate the human system and help in the process of bone-formation, and of enrichment of the blood These vitamins possess potency in toning up the lungs, the heart, the liver, the eyes, the uterus, and, what not?

Thus, the Sun's rays are the source of all life on this earth, as the Vedas and the Geeta teach us.

The rays of the Sun are indispensably necessary for the development of the power of sight. Thus, in a dark lake, in a cave of America where sunlight does not penetrate, the fishes are all blind and even if brought to light cannot see anything.

On the other hand, if the ultra-violet rays of the Sun are allowed to fall direct on the eye, the vital structures of the eye are injured In this process, the iris, the lens, and the retina are all damaged Half an hour's exposure

to ultra-violet rays produces sunblindness. It is for this reason that the learned astrologer Khana prohibits journey to the eastern direction in the morning. If this golden rule is violated, the ultra-violet rays may fall directly on the eye from the eastern sun and produce headache with photophobia and sunblindness.

Since the discovery of microbes by Leeuwenhock (1635 — 1723), it has been proved that the army of microscopic and ultra-microscopic enemies of man are destroyed by exposure to ultra-violet rays. In fact the microscopic world contains so innumerable germs of diseases that no man could resist their attack, but for the ultra-violet rays of the sun–the natural disinfectant of this world. Even incurable diseases, such as tuberculosis and cancer, may be cured by ultra-violet ray treatment

Modern Europe and America found that there are many countries in their continents, where the sun is scarcely visible for days and months, not to speak of the Rising Sun. But in them is the indomitable spirit which defy and dominate nature by scientific knowledge. They have invented scientific instruments to produce ultra-violet rays. The quartz mercury vapour lamp and similar other instruments emanate ultra-violet rays The Europeans and Americans thus enjoy the ultra-violet rays of the Rising Sun in a closed warm room in foggy chilly winter mornings, or even at dead of night. The Rising Sun serves them in the Sanitaria, in the hospital laboratories, in the consultation chamber of radiologists, in the comfortable cabins of ocean liners on voyage, or in the snug saloon of the Leviathan of the air, new Zeppelin L. Z. 129, on Trans-Atlantic flight, at their sweet will and pleasure.

But alas! my poor brothers and sisters in impoverished India can ill afford such a luxury It is therefore that the Omniscient Being in his foresight blessed Mother India with the gift of the glorious Sun, all the year round. Not only so, the All-Wise inspired the devoted Rishis and Sages of India with the knowledge of the health-giving powers of the Rising Sun, in prehistoric age. The truth enunciated by them is being proved and confirmed by modern science.

But we, the foolish and unworthy descendants of the great and wise sages, are violating the rules of morning prayer to the Rising Sun. Nature's laws are not to be violated with impunity. The penalty that we are paying for this sin of disobedience is appalling and heart-rending in all conception The curse of the Rishis is visiting on us. The average longevity of Indians is lower than that of any other race in the world. The life of an Indian is in its lowest ebb. We are but living skeletons and walking hospitals. The old are half dead and the young are withering in the bud, never to enjoy blooming youth and health. The health of Indians is hopelessly lost—lost for ever Aye! this Nation is doomed.

But, Hark! Don't you hear the clarion call of the Yajurvedas?—"Awake, Arise, and Receive the Blessings of the All-Merciful" and enjoy the Rising Sun Now or never shall this dying Nation obey Him and thus, once again, live and have its being.

The Value of the Fruit Diet

By Dr. L. R. Fernandez,
Trichinopoly.

Of all the various kinds of food, ripe fruits are among the best that furnish nutrition in a form most easily and readily absorbed, and their rich juices are converted into blood and energy quicker and with greater ease than any other form of food Hence arises the importance and necessity of adding some fruit or other in our daily ration Fruits are very rich in carbohydrates, organic base-forming acids, mineral salts, pectose, compound ethers, essential oils and vitamins. In addition to their nutritional value they are indispensable as natural laxatives and for other disease - preventing properties. No other class of foods contributes more favourably to the essential needs of nutrition of the human constitution. From the wide range which Nature provides us in all seasons of the year, suitable selections may be made for all conditions of age, health and disease. Infants, adults and the old, invalids, convalescents and those in full bloom of health, always relish fruits more than any other kind of diet prescribed by the doctor: because the very form, appearance, and smell of fruits are so very fragrant, attractive and appetising. Show me a man who has no taste for fresh fruits ! If there is any, you may be sure that he is digging his early grave, because of his neglect of health-giving and nutritious fruits which Nature has provided him superabundantly.

The nutrition contained in fresh fruits is to a certain extent predigested by the ripening process. In this process starch is converted into levulose, a form of sugar requiring but very little digestion to transform it into vital energy. Grapes contain from 14 to 20% of this sugar; a well-ripened plantain contains about 20% and dates 50%.

Fruits don't tax the digestive organs like meat, cereals, eggs etc They are the most easily digested and are of special value to those who are suffering from acute or chronic indigestion or dyspepsia. Are you suffering from constipation ? Well, have recourse to fresh fruits, morning, noon and night, for example, bananas, mangoes, pears, grapes, apples, jack fruit, oranges Any of these will be more helpful in relieving constipation than all the pills and mixtures supplied by chemists Fruits are of immense value in purifying the blood in all conditions of skin eruptions such as itch, boils, pimples and dermatitis.

There are three principal acids in fruits, viz, citric, malic and tartaric. These acids have a very high medicinal and dietetic value. A very important part they act in the metabolic process, is the neutralizing of the acid ash-forming tendency of certain other foods As is generally supposed by laymen, fruits do not increase an acid condition of the blood, but may be relied upon as a safe-guard against over-acidity. This is due to the fact that fruit acids undergo certain chemical changes within the body producing alkaline products which in turn

increase the alkalinity of the blood. It is only by a free use of fruits that the correct acid and alkaline balance can be maintained This alkalizing action of juices makes them best of all blood-purifiers, as said above.

Among the important salts found in fruits are iron, lime, potash and phosphoric acid. These salts are very essential for tissue-building and maintaining a normal health balance. They are also indispensable to the normal operation of bodily functions. Anæmia or bloodlessness is due to conditions which tend to deplete the blood of its normal iron content, about 45 grains in the blood of an average individual If this minute yet important quantity is not replaced by a daily intake of foodstuffs containing iron, in three months' time, half the iron in the blood will be lost, which is almost equivalent to losing half of one's blood. It is useful to remember therefore, that fruits are a rich source of iron, perfectly adapted to the needs of the body in a way that cannot be adequately supplied by medicinal and metallic iron. Anæmic persons and especially pregnant and lactating women should be encouraged to make use of fruits daily Fruits do a world of good to the pregnant woman from her first month to the ninth, as she is more often than not, prone to recurrent constipation. Auto-intoxication or self-poisoning resulting from absorption of toxins, produced by fermentation and putrefaction in a sluggishly aching bowel, has been always recognized as the chief cause for most chronic diseases In fruits we have a very desirable intestinal disinfectant. Disease germs cannot thrive in fruit-juices. This disinfecting power of fruit-juice is due to the acids they contain. Fresh grape juice or orange juice is given with great benefit in all cases of typhoid fever. Freshly prepared lime-juice is a very palatable drink to allay the thirst of any fever.

"Take an apple a day, and drive the doctor away" is a very common saying among the Westerners. If all our Indians accustom themselves to take some fruits daily, much of their medical bills can be reduced. If at all Mahatma Gandhi is maintaining a tolerably sound health in his old age, it is due to his free intake of fruits daily.

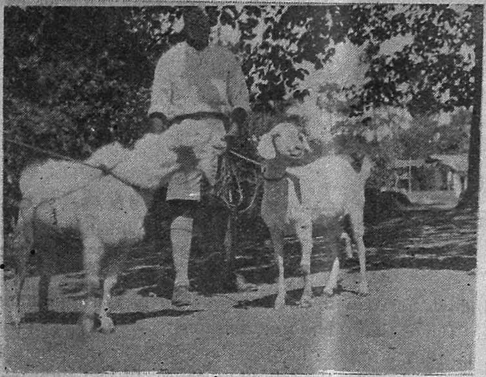
In this article on fruit-diet, I wish to write a few lines about nuts also. Nuts in their various forms present the most concentrated nutriment of all food substances. They are rich in proteins and also contain carbohydrates, fats and mineral salts. They are so rich in protein that one pound of nuts equals two pounds of mutton. The almond, walnut, cashew-nut, and the pea-nut are particularly desirable sources of complete protein. Four to five ounces of nuts afford an abundance of protein for a day's ration. But half this quantity will be sufficient to supplement the proteins of an ordinary vegetarian diet. To such of those who are unable to procure nuts daily I usually recommend a pint of milk and another pint of butter-milk to be added to their regular vegetable, fruit and rice ration. Either of these insures that amount of complete proteins which the human body requires for its daily nourishment.

The Goat—Poor Man's Cow

The Value of its Milk

By Mr. John Dasiah,
Y. M. C. A., Rural Centre, Martandam.

OUT of the two great advantages which goat's milk possesses over cow's milk one is its practical immunity from tuberculosis. Several cases of tuberculosis have been known, but they are so rare as to be practically negligible. Tuberculosis bacillus has not yet been found in goats' milk.



Martandam—Surati Goats.

Goat's milk possesses a further advantage *i.e.*, its greater digestibility. Doctor N. N. Bumback of Colorado Springs U. S. A. in a comparative analysis of goat's milk and cow's milk lays great stress on this fact and on its value for babies suffering from malnutrition and for invalids with impaired digestive powers. The chief reasons for the easy digestibility and nutritive value of goat's milk are, the thinness of the walls of the fat capsules and the easy and quick action of the gastric juice on these thin capsule walls, the delicate fat being the mildest and most easily assimilated fat known, the minuteness of the casein molecules permiting their easy digestion and extra amount of albumin.

Gives 78 oz. milk

Goat's milk is rich in solids both fats and salts. One of the principal salts in its composition is calcium. This salt is one of the most important agents in the healing properties of goat's milk.

Compounds in Cow's milk, Goat's milk and Human milk

Compound	Cow's Per Cent.	Goat's Per Cent.	Human Per Cent.
Fat ...	3.90	3.80	3.30
Milk Sugar ...	4.90	4.50	6.50
Proteins combined with Calcium ...	3.20	8.10	1.50
Salts ...	0.901	0.939	0.313
Di-calcium Phosphate ...	0.175	0.092	nil.
Tri Calcium Phosphate ...	nil.	0.062	nil.
Mono-magnesium Phosphate ...	0.103	nil.	0.027
Di-magnesium Phosphate...	nil.	0.068	nil.
Tri-magnesium Phosphate...	nil.	0.024	nil.
Mono-potassium Phosphate	nil.	0.073	0.069
Di-potassium Phosphate ...	0.230	nil.	nil.
Potassium Citrate ...	0.052	0.250	0.103
Sodium Citrate ...	0.222	nil.	0.055
Potassium Chloride ...	nil.	0.160	nil.
Sodium Chloride ...	nil.	0.095	nil.
Calcium Chloride ...	0.119	0.115	0.059

We shall now compare goat's milk with cow's milk. We can see certain interesting facts. Ordinarily we don't like goat's milk. Why? Some say it is because of its odour and taste. This is entirely a matter of management. We have produced goat's milk absolutely without odour. Important difference is that cow's milk is acid in reaction, a difference which may mean life and death to any one with a very weak stomach. Cow's milk requires two hours for digestion, but goat's milk 30 minutes. If we study the mineral salt contents of cow's, goat's and human milk, it is found that there are 12 different mineral salts in the three kinds of milk Nine of the twelve are to be found in goats's milk, only 6 in cow's milk and 5 in human milk. Cow's milk is almost without iron, goat's milk has from 7 to 10 times as much of iron.

"Potassium has the most powerful affinity for oxygen of any known substance and takes it from every other compound." Add to this the iron content in goat's milk and we have oxygen absorbing power in goat's milk incomparable with any other milk.

Care of the Eye

—By S. K. GUPTA B.D. Sc., B.O.—
Surgeon Dentist and Ophthalmic Surgeon,
Ambala Cantonment.

THE eyes are the windows of the brain It is through them that impressions of the world as they are, are transmitted to that wonderful manufactory of Intelligence which is the sum and substance of life. The happiness of existence would be but little were it not for these tiny organs That life must indeed be a poor life which knows not what light is nor its blessings. Such being the case, can any one afford to disregard the eyes? Is it not a serious duty that we owe to ourselves and to our Creator to try and do our best to preserve our eyes from diseases and accidents that not only interfere with the power of good sight but also mar the efficiency and progress of our life? Perhaps several beautiful lives are lost upon the world due to sheer ignorance on our part and especially is this so with regard to children who easily fall victims to blinding diseases.

To take children first There are the following causes of bad sight:—

1. Early education before eighth year.
2. Students reading with defective eye-sight.
3. Use of wrong spectacles.
4. The use of books which are poorly printed in small type with lines too close together and extending across the page.
5. Reading or writing at a distance less than one foot causing much strain on the eyes.
6. Faulty ventilation.
7. Reading in moon-light, insufficient light, after dusk, while

lying, while walking or riding or moving in trains or cars.

8. Reading in direct sun-light or bright lights.

9. Reading while one is drowsy

10. Too long hours of study, with insufficient intervals.

If only parents take it into their heads to seek medical advice and treatment, the moment they notice any thing wrong with the eyes of their children, a good many cases of blindness can be saved. Children's eyes are delicate and plastic and easily yield to conditions favouring defective vision. *Longsight* is rather very common in children though shortsight seems to be rare before the age of ten. There is another defect called Astigmatism, which causes blurring of objects For these, suitable glasses should be worn as otherwise the eyes may grow weaker in sight. Children's eyes should be kept scrupulously clean. They should be dissuaded from looking at the Sun and gazing at dazzling objects They should *not* be allowed to read small prints and should be taught the correct postures for reading, writing etc. Above all, they should be properly fed and allowed plenty of exercise, fresh air, sunlight and sleep.

One or two points about spectacles may be interesting. As one gets older the lens of the eye loses its resiliency and help may be required to get proper focus. This help is, as you know, provided by lenses.

The eyes should be tested by those Opticians qualified to perform the the service of Subjective and Objective Examination of the eye to be conducted in the Dark-room The Ophthalmoscopic Examination of the eye is the essential test of a defective eyesight, and so it must be conducted in the Dark-room by a qualified Optician best in the locality.

It is stating the obvious to point out the importance of taking reasonable care of the eyes Yet they are often shamefully neglected and ill-treated. If you will remember that every moment your eyes are open, the delicate and complicated mechanism is never at rest, you will appreciate the enormous amount of work which is constantly being done automatically. But delicate machinery requires delicate treatment, and perhaps a little adjustment may mean all the differences between smooth and rough working. Smooth working machinery of any kind lasts longer and gives pleasure to the owner. The eyes are well worth a little consideration.

"It is easy enough to be pleasant when Life flows along like a song. But the man worth while is the one, who can smile when everything goes dead Wrong".—H. B H. M

Nature Cure

By R. Rajagopalan, B. A.,
Ootacamund.

PLEASURE and pain are always mixed in this world. Diseases lurk in every corner and a man might at any time fall a prey to their ravishing effects. According to the *Karma* theory a man has to suffer for his past sins and disease is one of his sufferings and the severity and prolongation varies according to the degree of his sin. But a modern mind does not allow of such beliefs Disease is the cause of one's imprudence or indiscretion. Some suffer as a result of their parents' follies and some as a result of reckless life.

Whatever may be the cause of disease, the modern world is replete with diseases of diverse kinds From a common tooth-ache to meningitis there are so many ailments besides surgical disorders. To keep pace with the diseases, the knowledge of medicine also is being developed from day to day. Drugs of endless varieties are being applied to combat the disease and yet there are a number of chronic diseases defying all medicines. Medicines do relieve the pain and suffering of a sick man but only temporarily. Doctors themselves do not agree about the use and efficacy of medicines and many believe that "medicines are only a leap in the dark" Due to their detailed knowledge of the human physiology and anatomy, they trace the cause of the disease through symptoms to a particular gland or organ and apply drugs either orally or through injections. Our ancient system of medicine known as Ayurveda, classifies all the diseases of mankind to three primary causes namely, *vatha, pitha* or *sleshma* and its pharmacoepia of medicine consists of barks, leaves, nuts and other natural objects Most of the English medicines are mixtures of various chemical compounds which are but only mineral salts and as such irritate the system. Their action has been found to be suppression of the ailment for the time being and not its complete eradication. At least, at a later day, the reactions on the system will be felt The presence of the doctors is essential, but their importance is felt only in war, accidents and epidemics In Surgery, they are masters and they have reached such an advanced stage that it is possible to open the skull and tamper with a minute mechanism of the brain.

The most rational system of dealing with diseases is the natural methods of drugless healing Sun, air, water, earth and food are the main ingredients of the prescriptions of the nature-cure doctors They are available to one and all but only the sensible use of these produce the desired effect 'Follow Nature' is the motto. Animals, the so-called lower beings rarely fall sick. The new born-babe, unless the parents are unhealthy, if brought up under natural conditions, uncontaminated by civilisation, will be the ideal man. The dust and din of towns, the consumption of contaminated foods, polished food stuffs, the development of a keen palate,

sedentary habits,—all going under the name of advanced civilisation, have degenerated the human faculties and health. Only by following the modes of living of our forefathers, one can go back to Nature.

The accumulation of impurities clog the subtle human mechanism and produce various diseases. Impurities get into our system by the air we breathe, the water we drink and the food we eat, not to mention the innumerable bacteria which enter into our system through the skin. All disease-carrying germs thrive only in an impure body Purity of the body is a menace to them. So the keynote of Naturopathy is to attack the cause by applying means to eliminate the impurities from the body. Adjustment of diet, series of baths, and exercises form their modes of treatment. Naturopathy has wide branches as dietetics, hydrotherapy, heliotherapy, spandulotherapy, yogic therapy, chromeotherapy, massages and so on. But the effect of all these natural methods is the elimination of impurities.

> "*We know that disease is a disharmony of the living body, its discomfort and disease, its reaction to the internal environment of Claude Bernard and to the variable external environment which surrounds us—soil, air, water, climate, occupation, habits and the agents of infection.*—Sir George Newman.

Naturopathy is not a new science. It has been overlooked in the past, but at the present day it is a craze. Germany and America are producing full-fledged Naturopaths and India too is raking up its old knowledge of this science. A few Naturopaths are trying to wield this science of healing but obstacles in their way are many. The principles are too simple to create faith in people. Only the educated few are convinced of its efficacy and even cultured people are not able to practise it. Some are too aristocratic to follow the simplicity of the treatment and even dub these Naturopaths with the title of "faddists". Ignorant people strongly believe that drugs alone can combat diseases. It is needless to say that the calling of a Naturopath is not lucrative. He can only give suggestions but not medicines, which bring him no fees. No wonder there are not many professional men in this line.

All chronic ailments can be cured by the simple manipulation of what we eat. People look to recuperation by taking in nutritious foods but devote very little attention to its assimilation or elimination. This is the cause of most of the diseases. Naturopathy insists on equal consideration of digestion, assimilation and elimination It propagates rational principles of health and hygiene and as such is a very sane mode of healing.

All our pride is but a jest,
None are worst and none are best,
Grief and joy and hope and fear
Play their pageants everywhere
Vain opinion all doth sway,
And the world is but a play.
(*Seventeenth Century Song*)

Topics of Interest from Periodicals

Healing Power of Humour

To the sick person, the whole world is dark and portentious. A physical examination is an ordeal which the physician turns into a game and an exhibition of necromancy. The patient takes unpleasant medicine and likes it and the ministrations of the doctor and the nurse after an operation bring relief which is as pleasant as it is wonderful.

Humour is an understanding of human nature. The cheerful doctor is the apotheosis of comfort and joy as he turns the patient's fear into confidence, and brings a vision of renewed light and happiness to his darkened mind.

Sickness is an incongruity which offers abundant opportunities for the revelation of its inconsistencies which appear droll to even the suffering patient. The cheer which a skilful physician brings to the sick person and his anxious family is an exhibition of humour at its best—and is as necessary as scientific knowledge and skill

Humour is essential for the patient's acceptance of the ministrations of the doctor and the nurse. It is sympathy diverted from its darkness to the bright side of life. Blessed is the doctor who expresses his sympathy in his humour!
—*J. M. S. of New Jersey.*

Asses' Milk

More like human milk than cow's milk, in its low protein and high sugar content asses' milk is also very low in fat and caloric value. A very fine curd is formed on digestion and in consequence the milk is well tolerated, many authorities maintaining that for the new-born, it is the most easily digestible of all milks. It can be given in the raw state (provided it is obtained as far as possible under aseptic conditions) since tuberculosis is only an exceptional malady in the ass. Certain precautions have to be taken in the diet of the lactating animal since green food is alleged to provoke diarrhoea when the milk is given to the human offspring. The main indications for asses' milk include the following: (1) complete intolerance for cow's milk in whatever form (2) certain debilitated and premature infants who appear to have such weak powers of digestion that even human milk is not tolerated, (3) certain wasting conditions in infants in whom, in the absence of adequate pancreatic activity, the amount of fat in human milk causes digestive upsets (4) during the recovering stage after a severe diarrhoea, (5) persistent fat tolerance.—*Practitioner.*

105—Man's Normal Age!

By cultivation of proper mental attitudes, man's life expectancy may increase to 105 years, according to the Journal of the American Medical Association. The average life of an animal is five times the number of years required for full skeletal development, the Journal said, and since 21 years is required for that growth in man, 105 years might be set as the approximate normal human life-span. The Journal recommends the cultivation of the qualities of equanimity, contentment and optimism.—*Indian Views.*

Tulasi as a Medicinal Herb

"This strongly scented, perennial plant has the property of driving away the mosquitoes. It has been found by experiments that if the juice of the Tulasi leaves is rubbed over the body the mosquitoes never come near it. Regarding this property of Tulasi, the following opinion of Sir George Birdhood will be of great interest 'When the Victoria Gardens and Albert Museum were established in Bombay, the men employed on these works were at first so pestered by mosquitoes and suffered so much from malarial fever that on the recommendation of the Hindu manager, the whole boundary of the gardens was planted with holy Basil (Tulasi) and any other Basil at hand on which the plague of mosquitoes was at once abated, and fever altogether disappeared from among the resident gardeners and temporarily resident masons'. The opinion of the Imperial Malarial Conference is also in favour of Tulasi being a good medicine for malaria. In various books of Ayurveda it is recommended for malarial fevers Besides this Tulasi may be used with great advantage in a variety of diseases. The crushed leaves of Tulasi mixed with lime juice is used as a paste in ringworm, itches and other cutaneous diseases of the skin. It stiffens the skins, removes the black spots of the face and increases its beauty. The leaf juice poured into the ear is a first rate remedy for ear-ache. It is used in snake bite and scorpion sting The leaf juice is a very good remedy for cough, cold and bronchitis. A cup of decoction of the leaves with a little boiled cow's milk and sugar is an excellent substitute for tea and may be taken to remove the fatigue and to avoid cold and cough. Fresh juice mixed with a little powder of cardamom checks all kinds of vomiting The powdered seeds are used with old jaggery in disorders of genito-urinary system. They thicken the semen and increase its potency. The patient should necessarily live a life of abstinence simplicity and purity. The root of Tulasi taken with betel leaves is a good remedy for checking involuntary emission of the semen.

Thus we see how useful this plant is, and it is no wonder that it is held in high esteem and sanctity and is worshipped in every Hindu home in India".—T C. Basu Chowdhury in the *Medical Digest.*

Hobbies

The development of a 'hobby' is essential to any normal individual whether he be a scientist or a hod-carrier. The diversion of the human mind into new channels permits much needed rest, following which that mind will function with renewed vigour. Furthermore, the expansion of one's interests to include those which may be shared by persons of other walks of life tends to broaden one's view point, and new associations are made which may be of incalculable advantage.

Besides this, every individual must also look forward to the later years of life, when, perhaps, physical infirmity may prevent the continuance of his profession, and leave him stranded on a sand bar while the river of active usefulness rushes past. It is at such a period of life that a hobby may save his mind from utter stagnation, and, if put to proper use, prove remunerative as well as beneficial.

Who develops hobbies and uses them for the purpose for which they are intended—namely of resting a tired brain and developing a new and useful field of activity—is storing up gold against days of poverty.—*Medical World.*

The Source of the Odour in the Breath

An *offensive odour of the breath* often cannot be traced to any definite cause. It has been suggested that the origin is systemic—that the air in the lungs is tainted by aeration from the blood or by substances excreted into the saliva, or that the odour arises from the stomach, and that the odour in the breath after eating onions or garlic is thus produced. But H. W. Haggard and L A Greenberg produce evidence that the source is the mouth—particles of these vegetables retained about the teeth, tonsils and papillæ of the tongue One and a-half grammes of raw garlic were chewed and swallowed The breath was rendered odorous and remained so for 24 hours. When the odour was no longer detectable the same amount of garlic was chopped fine and enclosed in gelatin capsules, which were swallowed. No odour could be detected in the breath during the following 24 hours, except after belching, and then only momentarily. This experiment points to the conclusion that the odour in the breath is due to emanation from particles retained in and about the mouth. By chemical methods the amount of volatile oil exhaled in the breath after eating onion or garlic can be measured. The amount was found to be much the same after eating 2 gm. of onions as after eating 20. This is in keeping with the oral origin of the odour, but not with excretion from the blood, when the amount should be proportional to the quantity eaten. Further, the amounts of volatile oil in the breath after eating onion and garlic were in the proportion of 1 to 6, which corresponded to the amounts of the oils in these vegetables.

If the mouth is the source of the odour after eating onion or garlic, deodorization should be possible. Brushing the teeth and tongue with soap and water and rinsing the mouth had no marked effect on the odour of garlic But brushing with a solution of 0.3 gm. of chloramine in 30 c.c. of water was quite successful. Chemical testing of the expired air showed that the odour was not simply masked, but that the particles of garlic had been deodorized. The writers suggest that foul breath due to other causes may be amenable to this treatment.—*The Clinical Journal.*

General Treatment of Whooping Cough

Most clinicians with an extensive experience of whooping-cough are of the opinion, that when the primary essentials of medical care have been arranged for the patient, we have practically exhausted our effective treatment.

When whooping-cough is suspected, the patient should be confined to bed and strictly isolated from other members of the family who have not already suffered from the disease. Isolation should be enforced for a period of five weeks dating from the onset of symptoms. The bed-room, with a

sunny exposure for choice should be kept freely ventilated, but at an equable around 60° and 65°F. If the weather is warm and sunny, the bed may be placed at the widely open window during the day; otherwise the patient should be screened from draughts. The bed-cloths should be light, yet warm A flannel binder firmly applied round the abdomen is of supportive value during the strain of coughing. Some trustworthy individual should be constantly in attendance to support and to comfort the patient during the paroxysms of coughing and to have a receptacle ready for the vomit

The dietetic management of a case of whooping-cough is of the utmost importance In severe attacks, the persistent vomiting results in a serious degree of malnutrition The secret of feeding is to give small amounts at frequent intervals Large meals should be avoided, and food administered preferably about ten minutes after a paroxysm For babies 'feeding by the clock' may have to be adjusted to the necessities of the case. If the vomiting and loss of weight continue then the interval between feeds should be decreased and the bulk of each feed lessened. With older children no material alteration in diet is needed, but large meals must be avoided, milk, eggs, butter and vegetable soups are better than an excess of potato, bread, milk puddings, jams and similar starchy and saccharine foods Biscuits, rusks, oat-cakes or other dry crumbly foods should be avoided. Fresh orange juice drinks sweetened with 5 to 10% of glucose may be freely administered A prolonged convalescence, with if possible a change of air, is advisable —*Indian Medical Gazette.*

Lead Poisoning from Domestic Fuel

Lead is in such common use that we hardly regard it as a deadly poison Yet such it is Many deaths have been caused by it among painters (since white lead is an ingredient of many paints), in men employed in paint factories, storage battery plants, lead mines and smelters and tetra-ethyl plants. There have also been a very large number of cases where the poisoning was not fatal Stringent rules have been enforced which have greatly lessened the incidence of lead sickness. Wherever tetra-ethyl gasolines are sold, signs must be displayed warning against the use of the fluid for cleaning purposes.

Formerly many children were poisoned by lead paint used on toys or the rods of iron beds. But now manufacturers are careful not to use lead paint where children may be able to suck it Lead nipple shields have been known to poison infants after prolonged use A Japanese authority believes that some babies in his country have been poisoned before birth by the lead in the cosmetics used very freely by their mothers He attributes to this some cases of congenital hydrocephalus and spastic paralysis

A few years ago forty negro children were brought to hospitals in Baltimore at various times suffering from lead poisoning. The diagnosis is not always easy, and at first no one could learn where these children were exposed to the metal But the medical Sherlock Holmeses found that poor negroes picked up old battery casings from the dumps and used them for fuel. Junk dealers were accustomed to throw away the containers after the lead plates had been removed. Fourteen children in Nashville were poisoned in the same way! Adults were able to withstand the deleterious effects.—*Good Health.*

Health Calendar—March 1936

By Mr. N. Rajaram Naidu,

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Sun.	1	Health is the reward of cleanliness.
Mon.	2	Careless spitting spreads spit-borne diseases.
Tues.	3	Health is symmetry Disease is deformity.
Wed.	4	Welcome light and sunshine into your house.
Thurs.	5	*Bakrid.*
Friday.	6	Let new air in,—and old air out.
Sat.	7	Early to bed and early to rise makes a man healthy, wealthy and wise.
Sun	8	Breathe through the nose, not through the mouth.
Mon.	9	Mother's milk is by far the best food for infants.
Tues.	10	Hookworm disease is easily prevented and easily cured.
Wed.	11	The Race marches forward on the feet of little children.
Thurs	12	Seek out-door recreations and occupations.
Friday.	13	Sharing cups of Tuberculosis patients is dangerous
Sat.	14	Keep busy to keep happy.
Sun	15	To lengthen your life, shorten your meals
Mon.	16	Public health rests ultimately upon the individual.
Tues.	17	Chastity is consistent with perfect health.
Wed.	18	Filth should never be thrown out.
Thurs	19	Can't is the won't of people who don't.
Friday	20	Cleanliness is next to godliness
Sat.	21	Proteid matter is the essential element of food
Sun.	22	Who sleeps without air wakes up weary.
Mon.	23	Damp and dirt and foul air help to spread consumption.
Tues.	24	*Telugu New Year's Day.*
Wed.	25	Sunshine kills germs.
Thurs.	26	A simple life is the best for life.
Friday.	27	*Roentgen, the discoverer of X-ray, born 1845.*
Sat.	28	Dirt and disease go together.
Sun.	29	Rats are costly and unnecessary nuisance.
Mon	30	Children are poor men's riches.
Tues.	31	*Sree Rama Navami.*